

Table 70. Overweight persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, and 1988–94

[Data are based on physical examinations of a sample of the civilian noninstitutionalized population]

<i>Sex, age, race, and Hispanic origin</i> ¹	1960–62	1971–74	1976–80 ²	1988–94
Percent of population				
20–74 years, age adjusted				
Both sexes ³	24.4	24.9	25.4	34.8
Male	22.9	23.6	24.0	33.7
Female ³	25.6	25.9	26.5	35.9
White male	23.1	23.8	24.2	34.3
White female ³	23.5	24.0	24.4	33.9
Black male	22.2	24.3	25.7	34.0
Black female ³	41.7	42.9	44.3	53.0
White, non-Hispanic male	---	---	24.1	33.7
White, non-Hispanic female ³	---	---	23.9	32.5
Black, non-Hispanic male	---	---	25.6	34.0
Black, non-Hispanic female ³	---	---	44.1	53.3
Mexican male	---	---	31.0	40.1
Mexican female ³	---	---	41.4	51.8
20–74 years, crude				
Both sexes ³	25.5	25.5	25.7	35.1
Male	23.4	24.0	24.2	33.6
Female ³	27.4	27.0	27.1	36.5
White male	23.7	24.2	24.4	34.5
White female ³	25.4	25.2	25.1	34.8
Black male	22.5	24.5	25.7	33.5
Black female ³	43.0	43.2	43.7	52.3
White, non-Hispanic male	---	---	24.4	34.1
White, non-Hispanic female ³	---	---	24.8	33.5
Black, non-Hispanic male	---	---	25.6	33.6
Black, non-Hispanic female ³	---	---	43.4	52.7
Mexican male	---	---	29.5	36.6
Mexican female ³	---	---	39.1	50.4
Male				
20–34 years	19.6	19.2	17.3	25.4
35–44 years	22.8	29.4	28.9	34.9
45–54 years	28.1	27.6	31.0	37.7
55–64 years	26.9	24.8	28.1	43.7
65–74 years	21.8	23.0	25.2	42.9
75 years and over	---	---	---	27.7
Female ³				
20–34 years	13.2	14.8	16.8	25.6
35–44 years	24.1	27.3	27.0	36.8
45–54 years	30.7	32.3	32.5	45.4
55–64 years	43.2	38.5	37.0	48.2
65–74 years	42.9	38.0	38.4	42.3
75 years and over	---	---	---	35.1

--- Data not available.

¹The race groups, white and black, include persons of Hispanic and non-Hispanic origin. Conversely, persons of Hispanic origin may be of any race.

²Data for Mexicans are for 1982–84. See [Appendix I](#).

³Excludes pregnant women.

NOTES: Overweight is defined for men as body mass index greater than or equal to 27.8 kilograms/meter², and for women as body mass index greater than or equal to 27.3 kilograms/meter². These cut points were used because they represent the sex-specific 85th percentiles for persons 20–29 years of age in the 1976–80 National Health and Nutrition Examination Survey. Height was measured without shoes; two pounds are deducted from data for 1960–62 to allow for weight of clothing.

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Health Examination Statistics. Unpublished data.